

Figure 1A

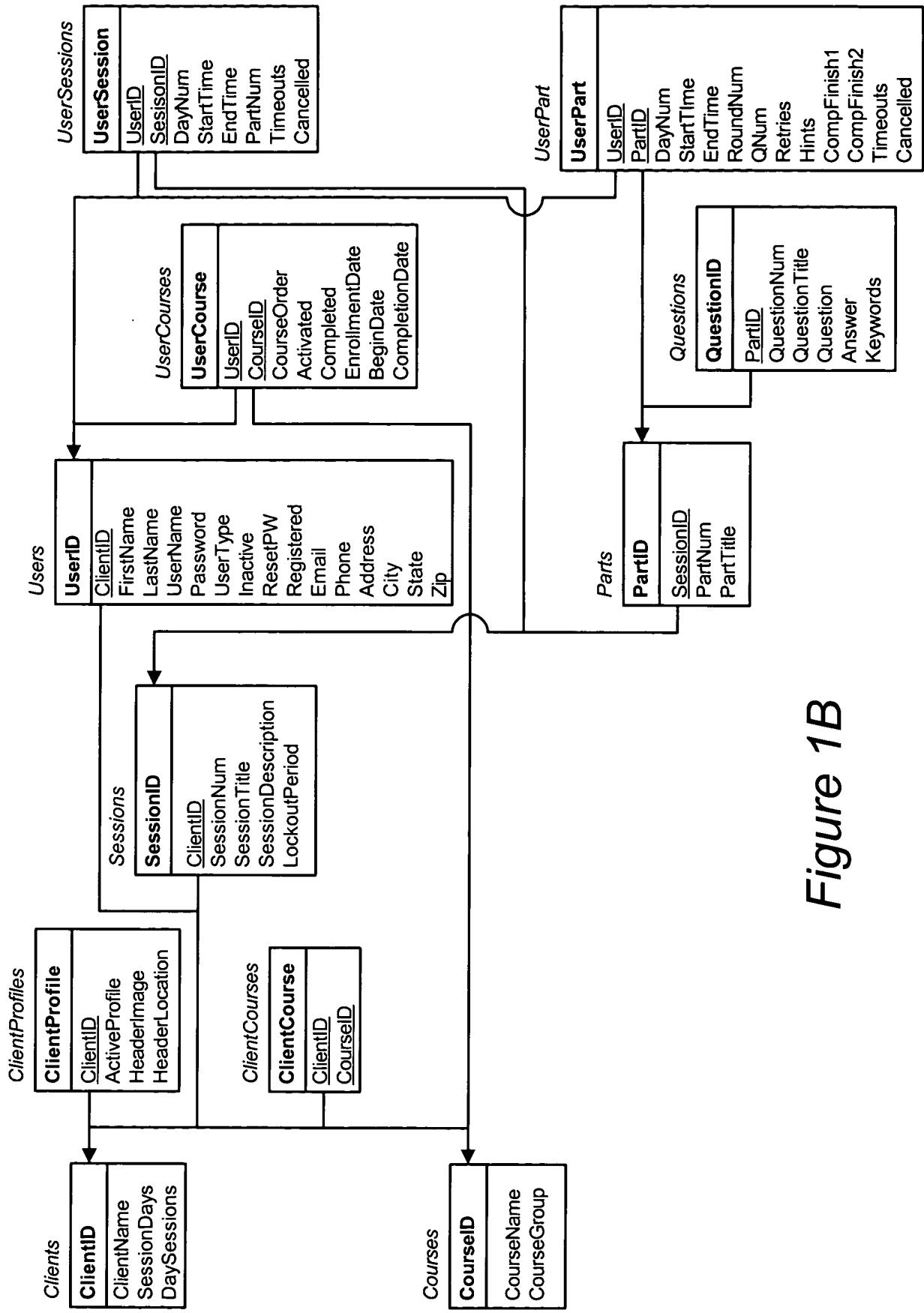


Figure 1B

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

WELCOME TO LIT

Before you proceed, you will need to register, which involves giving us some contact information as well as changing your password.

Student Name: John Smith

User Name: jsmith

E-mail Address:

Phone Number:

Address:

City: **State:** **Zipcode:**

Press "Enter" to Continue

200 ~

Figure 2

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

WELCOME TO LIT

Student Name: John Smith

User Name: jsmith

E-mail Address: jsmith@trivac.com

Phone Number 650-123-4567

Address: 123 University Drive

City: Palo Alto

State: CA

Zipcode: 94301

You must now change your password.

Enter your new password below.

New Password:

Confirm Password:

Press "Enter" to Continue

300 ~

Figure 3

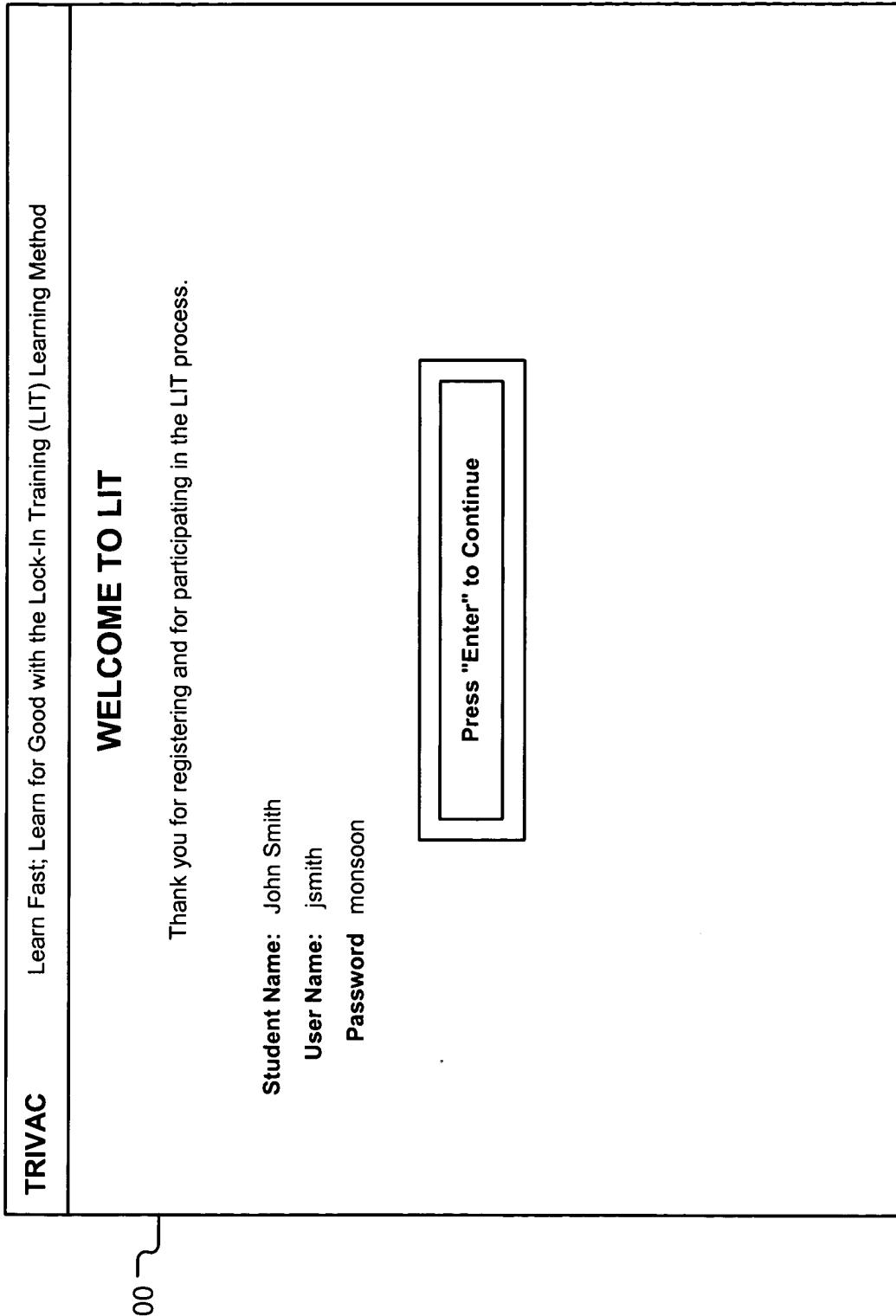


Figure 4

WELCOME TO LIT

WHY LIT WORKS

1. It is common knowledge that we learn and retain information through "repetition".
2. Repetition is not always easy or practical. "**LIT MAKES IT EASY AND PRACTICAL**".
3. Many times searching though masses of data to find the key information to learn is time consuming and inconsistent. LIT makes it faster and less stressful because the key information has already been extracted so that you only practice the "essence".
4. Many experts believe spaced repetition locks-in information, which can eventually become a habit. LIT PROVIDES SPACED REPETITION WHICH HELPS CREATE RETENTION OF INFORMATION AND BEGINS BUILDING HABITS.
5. Studying and learning can be laborious, tedious, and stressful. LIT does not require studying. Learning through LIT takes much less time than studying to achieve mastering and retaining information. When using the LIT Method, just type in the key words. If you do not remember the key words, then use the "hint" button as often as you like until you learn the answer.
6. LIT is taken over 3 days to achieve major benefits. The first day takes the longest. You will be amazed how well you know the information when completed. And best of all, when you are finished, you should know all of the key information without studying. This information should help you become more successful and productive.

Press "Enter" to Continue

Figure 5

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method								
Select a Training Course									
<table border="1"><thead><tr><th>Course Name</th><th>Status</th></tr></thead><tbody><tr><td>Presidents of the United States (2 Sessions, 43 Questions)</td><td>620 </td></tr><tr><td>Governors of the States (3 Sessions, 50 Questions)</td><td>610 </td></tr><tr><td>Largest Cities in Texas (1 Session, 10 Questions)</td><td>630 </td></tr></tbody></table>		Course Name	Status	Presidents of the United States (2 Sessions, 43 Questions)	620	Governors of the States (3 Sessions, 50 Questions)	610	Largest Cities in Texas (1 Session, 10 Questions)	630
Course Name	Status								
Presidents of the United States (2 Sessions, 43 Questions)	620								
Governors of the States (3 Sessions, 50 Questions)	610								
Largest Cities in Texas (1 Session, 10 Questions)	630								

600

Unlocked / Available Locked / Unavailable Completed

Figure 6

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

**Select a Training Session
Presidents of the United States**

Session Name	No. Parts	No. Questions	Completion	Status
Presidents of the United States before the Civil War	1	16	Day 0 of 3	 
Presidents of the United States after the Civil War	3	27	Day 0 of 3	 

 Unlocked / Available  Locked / Unavailable

 Completed

Return to Main Menu

700 ~

Figure 7

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States
before the Civil War -- Session 1

Question 1

Part 1 of 1
Question 1 of 16
Introductory Round

Question: Who was the first President?

Answer: The **first** President was **George Washington**.

Please read the question and the answer thoroughly,
focusing on the keyword(s) highlighted in **blue**.

Press "Enter" to Continue

800 ~

Return to Main Menu

Figure 8

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States
before the Civil War -- Session 1

Question 1

Part 1 of 1

Question 1 of 16
Introductory Round

Question: Who was the first President?

Answer: The first President was **George Washington**.

Answer: The _____ President was _____.

Please type the correct keyword(s) in the space(s) above.

Return to Main Menu

900 ~

Figure 9

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
Presidents of the United States before the Civil War -- Session 1	Question 1
Part 1 of 1 Question 1 of 16 Introductory Round	<p>Question: Who was the first President?</p> <p>Answer: The <u>first</u> President was George Washington.</p> <p>Answer: The <u>first</u> President was _____.</p> <p>Please type the correct keyword(s) in the space(s) above.</p> <p>Return to Main Menu</p>

1000 ↵

Figure 10

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States
before the Civil War -- Session 1

Question 1

Part 1 of 1

Question 1 of 16
Introductory Round

Question: Who was the first President?

Answer: The first President was **George Washington**.

Answer: The first President was *r* _____.

Check the spelling, letter, or number.

Return to Main Menu

1100 ~

Figure 11

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
Presidents of the United States before the Civil War -- Session 1	Question 1
Part 1 of 1	
Question 1 of 16	
Introductory Round	
Question: Who was the first President?	
	Answer: The <u>first</u> President was <u>George Washington</u> .
	Answer: The <u>first</u> President was <u>George Washington</u> .
	You have correctly typed the answer.
	<div style="border: 1px solid black; padding: 5px; text-align: center;">Press "Enter" to Continue</div>
	Return to Main Menu

1200 ~

Figure 12

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method	
Presidents of the United States before the Civil War -- Session 1	Question 1	
Part 1 of 1 Question 1 of 16 Introductory Round	<p>Question: Who was the first President?</p> <p>Answer: The _____ President was _____</p> <p>Hint ← Click on "Hint" if needed.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Please type in the correct keyword(s) to complete the answer, or click the "Hint" button if you need help with the answer.</div> <p style="text-align: right;">Return to Main Menu</p>	

1300 ↵

Figure 13

1400 ↵

TRIVAC Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States
before the Civil War -- Session 1

Question 1

Part 1 of 1
Question 1 of 16
Introductory Round

Question: Who was the first President?

Answer: The f _____ President was G _____ W _____.

Hint Used

Hint ↵

Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer,
or click the "Hint" button if you need help with the answer.

Return to Main Menu

Figure 14

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method		
Presidents of the United States before the Civil War -- Session 1	Question 1		
Part 1 of 1 Question 1 of 16 Introductory Round	Question: Who was the first President?	Answer: The <u>f</u> irst President was <u>G</u> <u>ra</u> <u>g</u> <u>g</u> <u>a</u> <u>n</u> <u>n</u> <u>.n</u> .	Hint Used
	 Hint	← Click on "Hint" if needed.	<div style="border: 1px solid black; padding: 5px;">Please type in the correct keyword(s) to complete the answer, or click the "Hint" button if you need help with the answer.</div>
1500 ↵			Return to Main Menu

Figure 15

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
Presidents of the United States before the Civil War -- Session 1	Question 1
Part 1 of 1 Question 1 of 16 Introductory Round	<p>Question: Who was the first President?</p> <p>Answer: The first President was <u>George Washington</u>. Correct</p> <p>You have answered the question correctly without a hint.</p> <p>Press "Enter" to Continue</p>
1600 ↵	Return to Main Menu

Figure 16

Figure 17

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
Presidents of the United States before the Civil War -- Session 1	CONGRATULATIONS
Part 1 of 1 Retention Round	You have successfully completed the Introductory Round.
1700 ↵	<p>You will now learn to retain this information effectively with the Retention Rounds.</p> <p>The retention rounds will help you learn and lock-in the subject matter for easy, long-term retention.</p> <p>Please feel free to use the "HINT" button at any time. However, you will be required to answer each question "twice" without using the "hint" button before completion.</p> <p>Take as much time as you need.</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">Press "Enter" to Continue</div>

1800 ~

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1
Retention Round 1

Question 1

① ②

Question: Who was the first President?

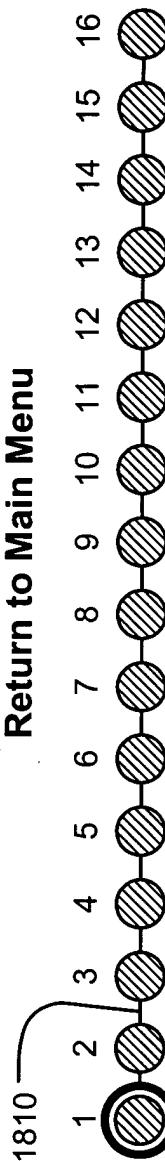
Answer: The _____ President was _____.

Hint

← Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer,
or click the "Hint" button if you need help with the answer.

Return to Main Menu



has not been answered without a hint

answered once without a hint

answered twice without a hint

Figure 18

TRIVAC Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1
Retention Round 2

Question 10

1900 ↗ 1920 ↗ 1930 ↗

Correct 1 2

No Hint

Question: Who was the tenth President?

Answer: The _____ President was _____.

Hint ← Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer,
or click the "Hint" button if you need help with the answer.

Return to Main Menu

1910 ↗

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

has not been answered without a hint answered once without a hint answered twice without a hint

Figure 19

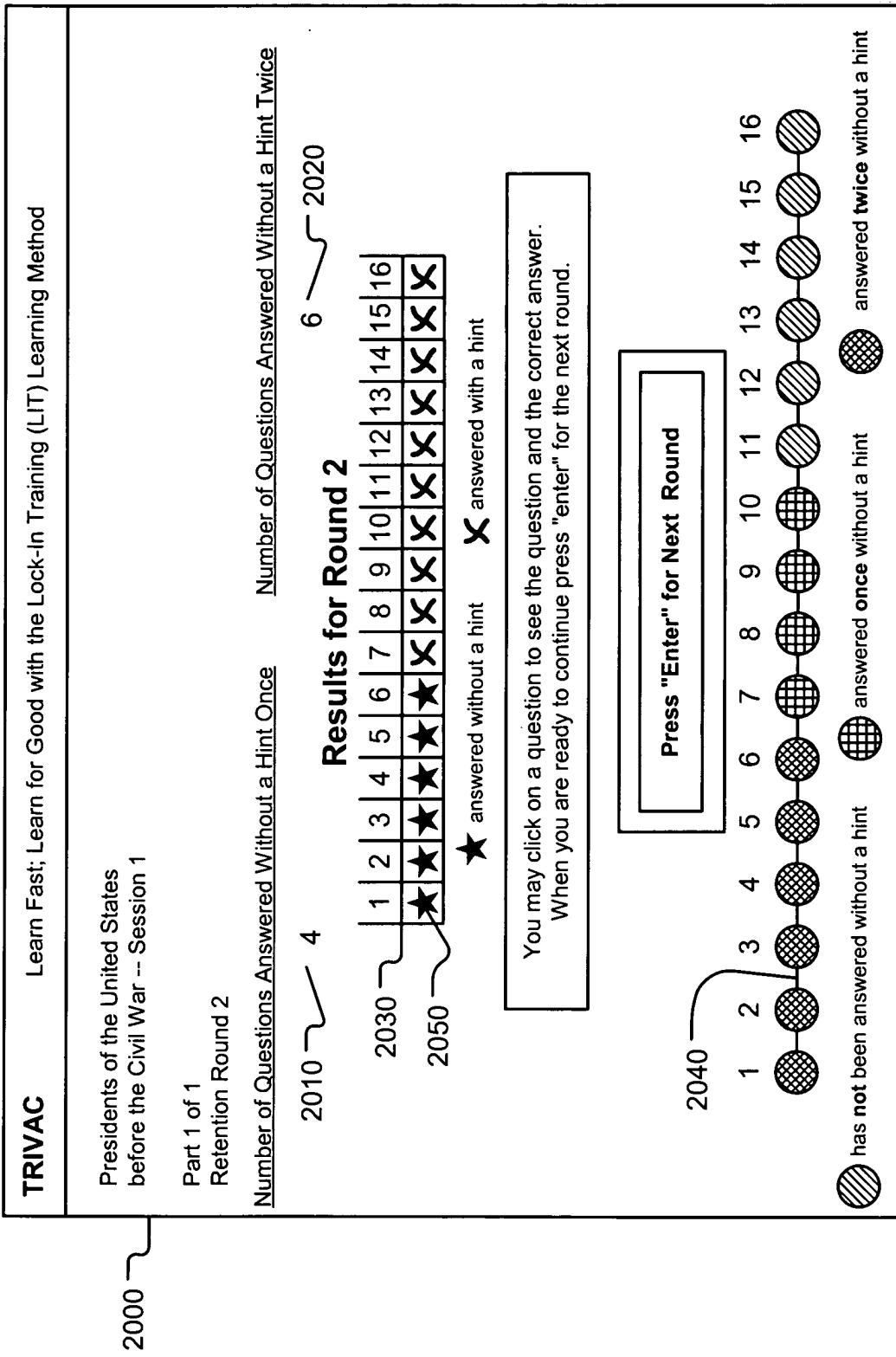


Figure 20

Figure 21

<p>TRIVAC</p> <p>Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method</p> <p>2100 ~</p>	<p>Presidents of the United States before the Civil War -- Session 1</p> <p>Question 1</p> <p>Part 1 of 1</p> <p>Question 1 of 16</p> <p>Question: Who was the first President?</p> <p>Answer: The first President was George Washington.</p> <p>Please read the question focusing on the keyword(s) highlighted in blue.</p> <p>Press "Enter" to Continue</p>
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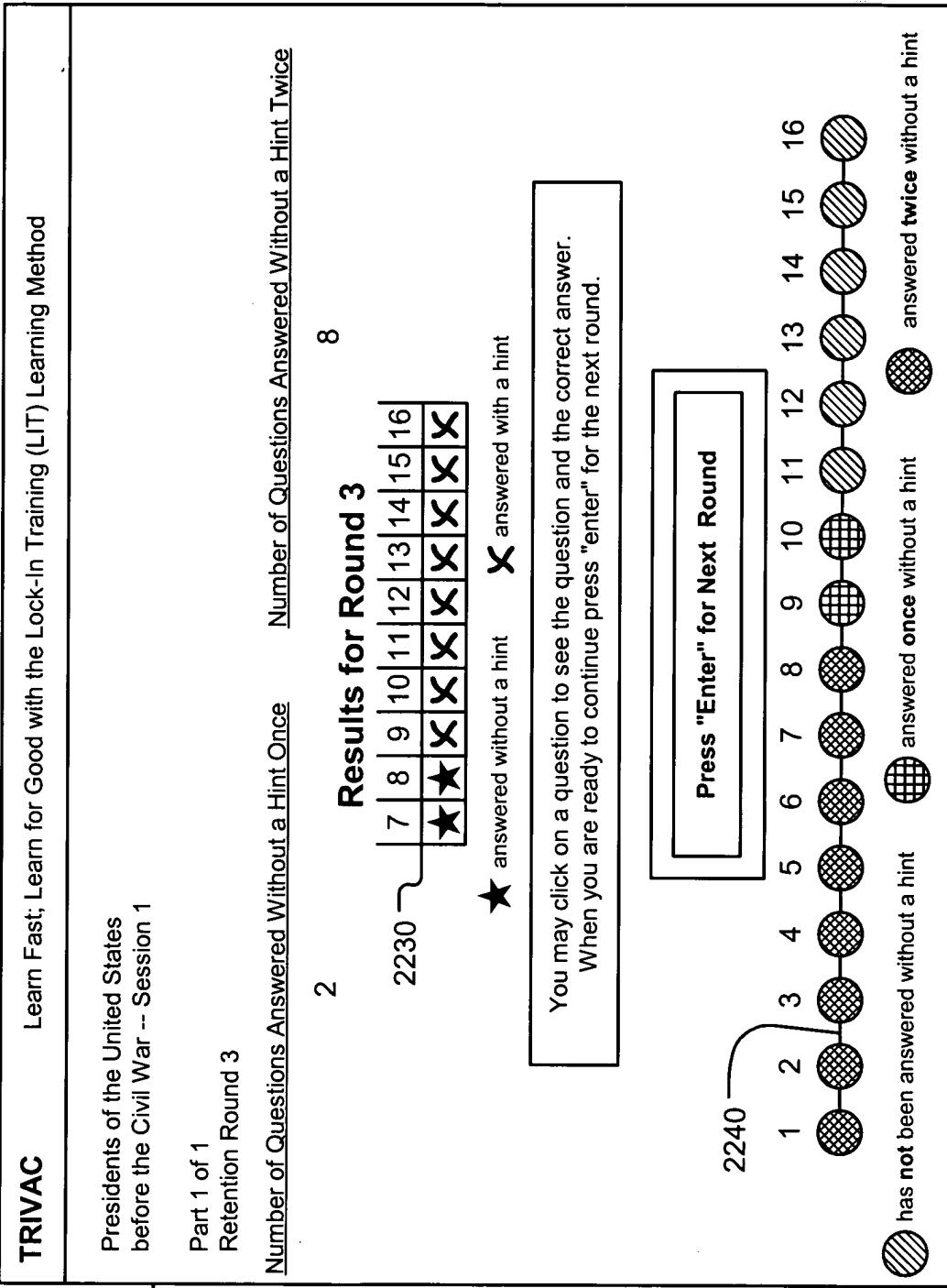


Figure 22

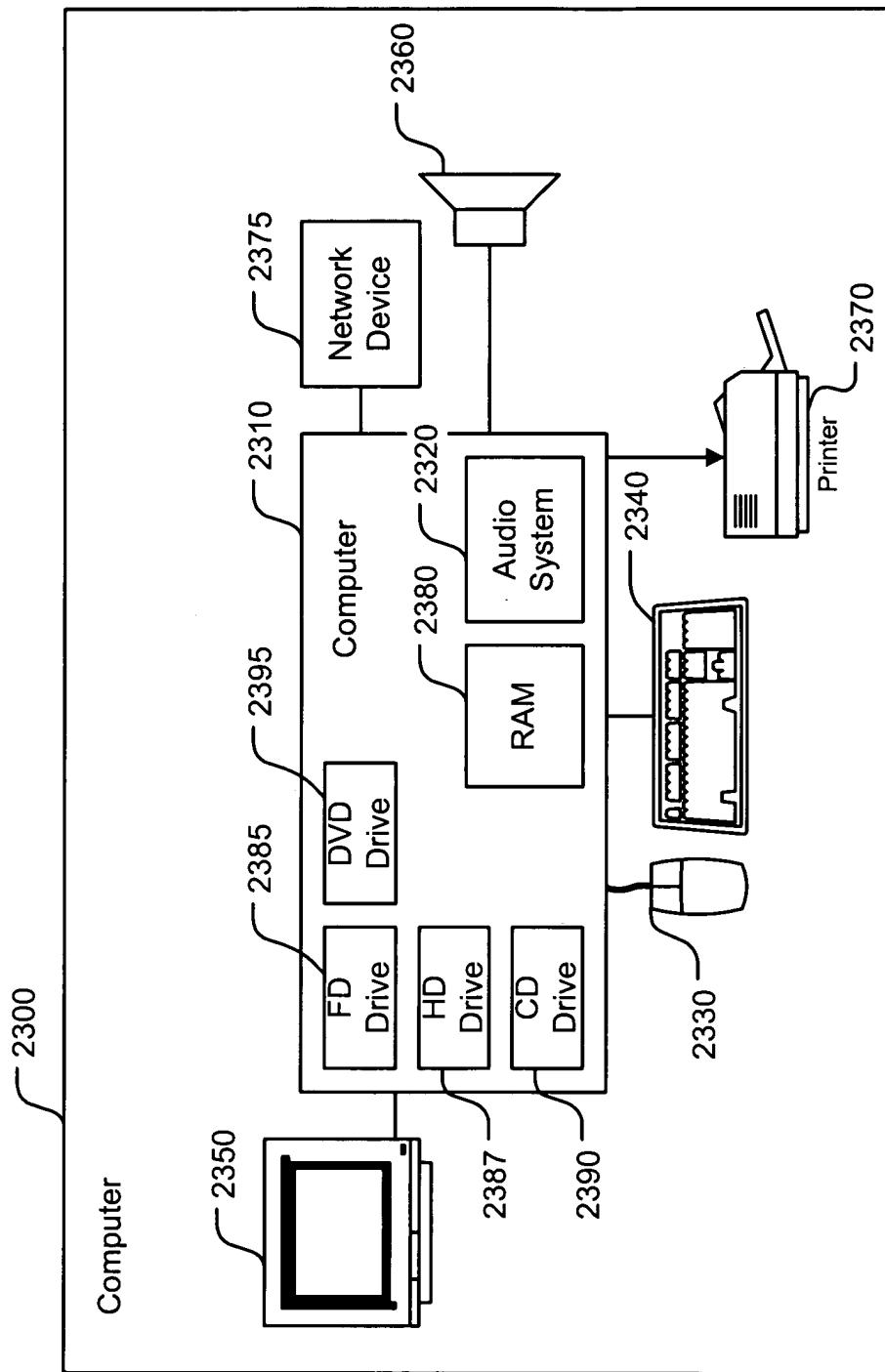


Figure 23